

Eat to be Fit

Eat to Be Fit is a series of 12 informational handouts for teens. These handouts address various nutrition topics that were identified by teens to be of most interest and importance to them.

Ways to use this resource may include:

- Classroom bulletin board (classroom or cafeteria)
- Supplemental information to nutrition instruction
- School newsletter or newspaper article
- Handout for students and their families
- And more...

A Montana Team Nutrition Project

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This packet can be downloaded from the following web site:

<http://www.opi.state.mt.us/health>

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“Eat To Be Fit” Handout Topics

- Best Beverage Bets
- Move Toward A Positive Body Image
- The Amazing Benefits of Breakfast
- Good News for Fast Food
- Got Good Grades?
- Look Your Best
- Does the Media Influence You?
- Right-Sizing Your Portions
- Select Super Tasty Smart Snacks
- Fuel Yourself for Sports
- Taking a Look at Dietary Supplements
- The Reality of Weight Management

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